WHAT IS CLAIMED IS:

1. A system for communicating with a plurality of emergency response persons comprising:

a plurality of portable communication devices for the emergency response persons;

5   a central station in communication with the network, the central station including a video monitor and a video camera;

a plurality of remote stations in communication with the network, the remote stations including a video monitor

10   and a video camera;

wherein the central station is in communication with the portable communication devices to provide a message to the emergency response persons;

wherein the remote stations are positioned for access

15   by the emergency response persons;

a router in communication with the network for providing a bridged video connection between the central station and the remote stations;

wherein emergency response persons located adjacent

20   the remote stations are in video communication with each other and the central station.

2. The system of claim 1 wherein the network has a bandwidth and wherein the system further comprises:

a system integrator having access to a memory which stores a bandwidth value for the remote stations;

5   wherein the system integrator determines an operating bandwidth value for each remote station as a function of a bandwidth value stored in the memory and of a bandwidth of at least a portion of the network between the system integrator and the remote station.

3. The system of claim 2 wherein at least two of the remote stations communicate with the central station at different operating bandwidth values.

4.   The system of claim 3 wherein the remote stations communicate with each other at different operating bandwidth values.

5.   The system of claim 1 wherein the remote stations further comprise a CODEC coupled to a video camera for transmitting packets of data corresponding to an output of the video camera and for receiving packets of data provided to an input of the video monitor.

6.   The system of claim 5 wherein the system integrator prevents the transmitted or received packets of data from exceeding a predetermined bandwidth.

7.   The system of claim 6 wherein a portion of the network between a remote station and the central station comprises the internet.

8.   The system of claim 7 wherein a portion of the network between two remote stations comprises the internet.

9.   The system of claim 6 wherein a portion of the network between two remote stations comprises the internet.

10.   The system of claim 5 wherein a portion of the network between a remote station and the central station comprises the internet.

11.   The system of claim 1 wherein a remote station comprises a personal computer.

12.   The system of claim 1 wherein a remote station comprises a telephone.

13.   The system of claim 1 wherein the communications over the network are encrypted.

14. The system of claim 1 further comprising a voice trigger circuit for providing a voice signal as a function of whether a particular video camera outputs an audible signal; wherein the router determines an image displayed on the video monitors as a function of the voice signal.

15. The system of claim 1 further comprising circuitry for producing a data signal; wherein the router determines an image displayed on the video monitors as a function of the data signal.

16. A method of responding to an emergency situation comprising the steps of:

   providing a plurality of portable communication devices to a plurality of emergency response persons;

   directing the emergency response persons from a central station via the portable communication devices to travel to a remote station having a video communication device;

   routing a communication from the video communication devices to provide a bridged video connection between the central station and the remote stations;

   wherein emergency response persons located adjacent the remote stations are in video communication with each other and the central station.

17. The method of claim 16 further comprising the steps of:

   providing a network having a bandwidth for passing the video communications between the remote stations and the central station;

   storing a bandwidth value for the remote stations;

   determining an operating bandwidth value for each remote station as a function of the stored bandwidth value and of a bandwidth of at least a portion of the network between the remote stations and the central station.

18. The method of claim 17 further comprising the step of operating at least two of the remote stations to communicate with the central station at different operating bandwidth values.

19. The method of claim 18 further comprising the step of operating at least two of the remote stations to communicate with each other at different operating bandwidth values.

20. The method of claim 16 further comprising the step of coupling a CODEC to a video camera in a remote station for transmitting packets of data corresponding to an output of the video camera and for receiving packets of data provided to an input of the video monitor at the remote station.

21. The method of claim 20 further comprising the step of preventing the transmitted or received packets of data from exceeding a predetermined bandwidth.

22. The method of claim 17 wherein the second providing step further comprises providing the internet as a portion of the network between a remote station and the central station.

23. The method of claim 22 wherein the second providing step further comprises providing the internet as a portion of the network between two remote stations.

24. The method of claim 16 wherein the directing step comprises directing the emergency response persons from a central station via the portable communication devices to travel to a personal computer having a video communication device.

25.   The method of claim 16 wherein the directing step comprises directing the emergency response persons from a central station via the portable communication devices to travel to a telephone having a video communication device.

26.   The method of claim 17 wherein the second providing step further comprises the step of providing a network having a bandwidth for passing encrypted video communications.

27.   The method of claim 16 further comprising the steps of:
    producing a voice signal as a function of whether a particular video camera outputs an audible signal; and
    determining an image displayed on the video monitors as a function of the voice signal.

28.   The system of claim 16 further comprising the steps of:
    producing a data signal; and
    determining an image displayed on the video monitors as a function of the data signal.

29.   The system of claim 2 wherein the operating bandwidth value does not exceed 100 kBytes per second for the remote stations.

30.   The system of claim 2 wherein the operating bandwidth value does not exceed 150 kBytes per second for the remote stations.

31.   The system of claim 2 wherein the operating bandwidth value does not exceed 400 kBytes per second for the remote stations.

32. The system of claim 2 wherein the operating bandwidth value does not exceed 1,000 kBytes per second for the remote stations.

33. A system for providing medical advice from a remote location via video conferencing to a plurality of locations where persons may need medical advice, the system comprising:

5   a network;

a program for assigning an identification mark for a plurality of persons who may need medical advice;

a database in communication with the network for storing medical data as a function of the identification

10   marks concerning each of the plurality of persons who may need medical advice;

a medical station in communication with the network, the medical station being accessible to medical personnel, the medical station including a video monitor and a video

15   camera and having access to the medical data in the database as a function of the identification marks;

a plurality of remote stations in communication with the network, the remote stations including a video monitor and a video camera and being located where persons may need

20   medical advice;

a circuit for initiating a medical help signal from a remote station;

a router in communication with the network for providing a video connection between a medical station and

25   a remote station in response to a medical help signal;

wherein medical personnel at the medical station can review said medical data as a function of the identification marks in the course of providing medical advice via video conferencing to a person at a remote

30   station.

34. The system of claim 33 wherein the database stores medical data comprising a person's medical history as a function of the identification marks and wherein medical personnel at the medical station can review said medical history as a function of the identification marks in the course of providing medical advice via video conferencing to such person at a remote station.

35. The system of claim 33 wherein the database stores medical data comprising a person's immunization record as a function of the identification marks and wherein medical personnel at the medical station can review said immunization record as a function of the identification marks in the course of providing medical advice via video conferencing to such person at a remote station.

36. The system of claim 33 wherein the database stores medical data comprising a person's health care providers as a function of the identification marks and wherein the router provides a video connection between a medical station where such a health care provider may be found and the remote station as a function of the stored medical data.

37. The system of claim 33 further comprising a memory in communication with the network for storing a plurality of video segments demonstrating a plurality of medical techniques or procedures, and wherein the remote stations include programming for selecting a particular video segment for viewing at the remote station.

38. The system of claim 33 wherein the network has a bandwidth and wherein the system further comprises:
a system integrator having access to a memory which stores a bandwidth value for the remote stations;

5   wherein the system integrator determines an operating
bandwidth value for each remote station as a function of a
bandwidth value stored in the memory and of a bandwidth of
at least a portion of the network between the system
integrator and the remote station.

39.   The system of claim 38 wherein at least two of
the remote stations communicate with the medical station at
different operating bandwidth values.

40.   The system of claim 39 wherein the remote
stations communicate with each other at different operating
bandwidth values.

41.   The system of claim 33 wherein the remote
stations further comprise a CODEC coupled to a video camera
for transmitting packets of data corresponding to an output
of the video camera and for receiving packets of data
5   provided to an input of the video monitor.

42.   The system of claim 41 wherein the system
integrator prevents the transmitted or received packets of
data from exceeding a predetermined bandwidth.

43.   The system of claim 42 wherein a portion of the
network between a remote station and the medical station
comprises the internet.

44.   The system of claim 43 wherein a portion of the
network between two remote stations comprises the internet.

45.   The system of claim 42 wherein a portion of the
network between two remote stations comprises the internet.

46.   The system of claim 41 wherein a portion of the
network between a remote station and the medical station
comprises the internet.

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47.   The system of claim 33 wherein a remote station comprises a personal computer.

48.   The system of claim 33 wherein a remote station comprises a telephone.

49.   The system of claim 33 wherein the communications over the network are encrypted.

50.   The system of claim 33 further comprising a voice trigger circuit for providing a voice signal as a function of whether a particular video camera outputs an audible signal; wherein the router determines an image displayed on the video monitors as a function of the voice signal.

51.   The system of claim 33 further comprising circuitry for producing a data signal; wherein the router determines an image displayed on the video monitors as a function of the data signal.

52.   The system of claim 38 wherein the operating bandwidth value does not exceed 100 kBytes per second for the remote stations.

53.   The system of claim 38 wherein the operating bandwidth value does not exceed 150 kBytes per second for the remote stations.

54.   The system of claim 38 wherein the operating bandwidth value does not exceed 400 kBytes per second for the remote stations.

55.   The system of claim 38 wherein the operating bandwidth value does not exceed 1,000 kBytes per second for the remote stations.

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56.   A method for providing medical advice from a
remote location via video conferencing to a plurality of
locations where persons may need medical advice, the method
comprising the steps of:

5   providing a network;

assigning an identification mark for a plurality of
persons who may need medical advice;

storing medical data as a function of the
identification marks concerning each of the plurality of
10   persons who may need medical advice;

providing a medical station in communication with the
network, the medical station being accessible to medical
personnel, the medical station including a video monitor
and a video camera and having access to the medical data in
15   the database as a function of the identification marks;

providing a plurality of remote stations in
communication with the network, the remote stations
including a video monitor and a video camera and being
located where persons may need medical advice;

20   initiating a medical help signal from a remote station
when medical advice is needed;

providing a video connection between a medical station
and a remote station in response to a medical help signal;

reviewing said medical data as a function of the
25   identification marks in the course of providing medical
advice via video conferencing to a person at a remote
station.

57.   The method system of claim 56 wherein the storing
step comprises storing a person's medical history as a
function of the identification marks and wherein the
reviewing step comprises reviewing said medical history as
5   a function of the identification marks in the course of
providing medical advice via video conferencing to such
person at a remote station.

58. The method system of claim 56 wherein the storing step comprises storing a person's immunization record as a function of the identification marks and wherein the reviewing step comprises reviewing said immunization record as a function of the identification marks in the course of providing medical advice via video conferencing to such person at a remote station.

59. The method system of claim 56 wherein the storing step comprises storing a person's health care providers as a function of the identification marks and wherein the fourth providing step comprises providing a video connection between a medical station where such a health care provider may be found and the remote station as a function of the stored medical data.

60. The method of claim 56 further comprising the steps of:
storing a plurality of video segments demonstrating a plurality of medical techniques or procedures; and
selecting a particular video segment for viewing at a remote station.

61. The method of claim 56 further comprising the steps of:
providing a network having a bandwidth for passing the video communications between the remote stations and the medical station;
storing a bandwidth value for the remote stations;
determining an operating bandwidth value for each remote station as a function of the stored bandwidth value and of a bandwidth of at least a portion of the network between the remote stations and the medical station.

62. The method of claim 61 further comprising the step of operating at least two of the remote stations to communicate with the medical station at different operating bandwidth values.

63. The method of claim 62 further comprising the step of operating at least two of the remote stations to communicate with each other at different operating bandwidth values.

64. The method of claim 56 further comprising the step of coupling a CODEC to a video camera in a remote station for transmitting packets of data corresponding to an output of the video camera and for receiving packets of data provided to an input of the video monitor at the remote station.

65. The method of claim 64 further comprising the step of preventing the transmitted or received packets of data from exceeding a predetermined bandwidth.

66. The method of claim 61 wherein the fifth providing step further comprises providing the internet as a portion of the network between a remote station and the medical station.

67. The method of claim 62 wherein the fifth providing step further comprises providing the internet as a portion of the network between two remote stations.

68. The method of claim 61 wherein the fifth providing step further comprises the step of providing a network having a bandwidth for passing encrypted video communications.

69. The method of claim 56 further comprising the steps of:

producing a voice signal as a function of whether a particular video camera outputs an audible signal; and

5   determining an image displayed on one of the video monitors as a function of the voice signal.

70. The system of claim 56 further comprising the steps of:

producing a data signal; and

determining an image displayed on one of the video

5   monitors as a function of the data signal.

71. The system of claim 33 further comprising a plurality of medical stations located in a plurality different locations.